

WOW News

Staying On Track

Can you believe it! Summer is s-l-o-w-l-y coming to a close; YET there are still endless, fun possibilities for:

- Playing in the sun.
- Walking, hiking, biking, camping, canoeing, golfing and swimming in our beautiful state.
- Picnics & barbeques with family and friends.
- Enjoying abundant fresh fruits & vegetables from the garden, city markets, roadside stands, fruit orchards.

Everything encourages us to leave our normal routines: kids have not returned to school; and the extra hours of sun/day light give time for 'playing hooky from real life.'



"As we make conscious choices about eating healthy and exercising regularly, there is always time for the things that really matter. You can stay on track no matter where you are or what you are doing as you focus on good lifestyle habits", says Diane Heavin, co-founder of Curves.



August 2004

**Pedometer
Discount**

Kids Health

**Eating Food
Away From
Home**

**Tips to Burning
Fat**

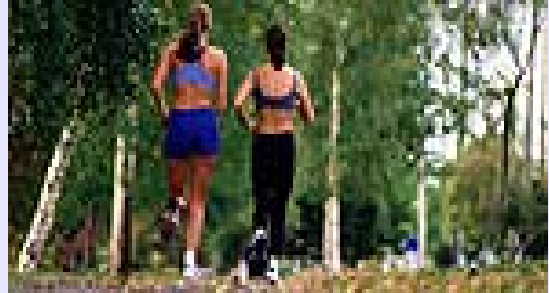
**Eat your
Breakfast**

**Fitness Club
Discounts**

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A 15 Year Habit— Walking



We all know that exercise is good for us and we should try to get in a little more each day but how do you find the time? My co-worker and myself have been squeezing in **two 15 minute walks each working day for 15 years**. Occasionally we'll even go for another walk on our lunch break.

It began when we started working at the same State office 15 years ago. Our job was to sort cancelled vehicle titles looking for fraud or other discrepancies in the title work. We would look over each title to spot any odometer inconsistencies, obvious changes in the record by using white-out, erasers, writing over numbers, etc., and other suspicious looking information. I bet you didn't even know there were people out there looking for that stuff, did yaw!?! It was a monotonous and boring job! **To stay alert we started walking at break time.**

Over the years we have both had several different positions but always within the same building so we have continued our tradition of walking every morning and every afternoon. Sometimes, I'll think I'm too busy and should skip break. **NO WAY!** She would not accept any *flimsy excuse* for not walking. Or sometimes it would be cold and snowy, or a little bit rainy, or we were feeling lazy. **NO EXCUSES! One of us made certain we walked no matter what!** If we walked a 1/2 mile at each break twice a day, five times a week for 15 years (not counting holidays and a few sloughing off days), we have probably walked 3,000 miles. So the next time you think you don't have the time, just remember 15 minute walks can add up to a lifetime of healthier living!!!

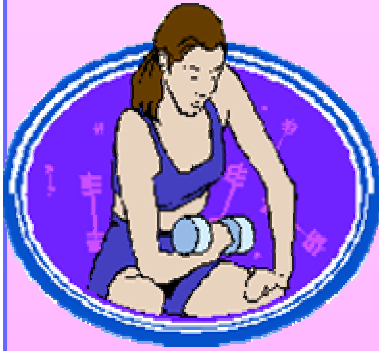
If you borrow motivation from a buddy, you can exercise regularly.

Do you have an 'exercise' buddy?



I Have an Image of a Lean, Mean, Strong Woman

I have an image of a lean, mean, strong woman in my mind. She wasn't always there. In fact, it took me 49 years to picture her. Every night she kicks my backside until I get out and either walk or head to the gym. This woman disdains medication of any kind and insists that if I only eat right (80% of the time) lift weights three times a week, stretch at least three times a week, and walk thirty minutes a day, I can be her into a very ripe old age. And I want to be her because I have places to go and things to do and, eventually, a retirement to enjoy.



Since this tough lady moved into my brain, a few months before my 50th birthday, I am 23 pounds lighter and in better shape than I was at 40. I eat a minimum of 5 fruits and vegetables daily. I eat fish at least twice a week and take vitamins and flaxseed. I've given up pop, potato chips, donuts, and French fries and find I don't miss them at all. I also avoid processed foods, and "white foods", such as bread, rice and potatoes. Unless there is a proven direct link between chocolate and cardiac arrest, I will never give it up. Ditto with cheesecake and ice cream. I just exercise common sense as to when and how much. I'm not saying that's the right choice for everyone, but it seems to work for me. I've done a variety of things: jazzercise, walking, Curves, yoga, free weights, and even trained and walked a full marathon. My goal for the future is to train for and compete in triathlons.

My health is of primary importance to me. Without it, I couldn't have the quality of life I need and desire. I count on the lean, mean lady to continue motivating and inspiring me for many years to come.

Personal stories of 'journeys to wellness' are from fellow State of MI employees. Do you have a story to share? E-mail WOW @ MDCS-WOW-WorkingOnWellness.

Steamed Vegetable Medley

Serves 2

1 cup thinly sliced carrot
2 cups chopped collard greens, stems removed
1 medium onion sliced thick
1 cup cubed zucchini (quarter lengthwise and slice about ½ inch thick)

Dressing:

extra virgin olive oil to taste
1 medium clove garlic pressed
1 TBS fresh lemon juice
salt and cracked black pepper to taste
*optional 1 tsp soy sauce

1. Bring lightly salted water to a boil in a steamer with a tight fitting lid. Add carrots, cover, and steam for 3 minutes. Without removing carrots add collard greens, and steam for another 3 minutes. Then add onion and zucchini and steam for another 3 minutes.
2. Remove from steamer and place in bowl. Toss with dressing ingredients.

For a wonderful variation try steaming a piece of salmon or chicken on top of vegetables for a 1 dish meal that is quick, clean, and healthy.

For the nutritional profile visit: [The World's Healthiest Foods](#)

WOW's Contest and FREE Drawing for 08/04

All State of Michigan employees are eligible.

- Send your answer by the WOW e-mail link provided:
MDCS-WOW-WorkingOnWellness@michigan.gov
- The names of employees giving the "correct" answer will be put into a monthly drawing for one FREE gift.
- Each month one new winner will be chosen; sorry an employee can win only once.

August 2004's question is: Name 2 reasons why fruits and vegetables are good for us.

The answers are in the August WOW. Deadline for entry is 8/20.